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RICE OMELET WITH APRICOTS

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Here's a recipe which deserves a permanent place in your recipe file or notebook, for several reasons. It's very good, to begin with. It's useful as It's inexpensive when eggs are abundant. a lunch, or supper dish./ It's unusual. And it's a very good way of using dried apricots, which are one of the most useful of the dried fruits because they supply iron. The recipe is from the Bureau of Home Economics of the U. S. Department of Agriculture.

Rice Omelet with Apricots

3 eggs	1-1/2 cups cooked flaky rice
1/2 cup cold milk	1 tablespoon fat
1 tablespoon flour	1 cup cooked apricot pulp
1/4 teaspoon salt	

Separate the eggs and beat the yolks thoroughly. Make a sauce with the milk, flour, and salt. Heat the rice in the sauce and add to the egg yolks. Fold in the well-beaten whites of the eggs. Have ready and hot a skillet containing the fat, and pour the egg mixture into the pan. Heat the omelet slowly and move the pan about so the omelet will cook around the edge at the same rate as in the center. As soon as the omelet has browned lightly on the bottom and sides and set, place under a low broiler flame for 2 or 3 minutes. When the omelet is done crease it through the center, spread the apricot pulp, slightly sweetened, on one half of the omelet, fold over and serve immediately.

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